



For those interested in a lasting improvement of their relationship.

Relationships do not always feel the same but go through ups and downs. Once there are more downs than ups it is time for a change. Then it is important to find the highest possible degree of contentedness for both partners in their relationship.

### **Goals for couples counseling:**

#### *New momentum*

- more closeness
- ideas to revive the relationship
- more contentness
- truthful communication
- focus on common goals and dreams
- new perspectives
- mutual support to realize individual and common plans

#### *Resolution of crises*

- constructive conflict resolution
- bridging of different stand points
- overcoming unfaithfulness
- integration of major changes e.g. giving birth or the moving out of children
- clean-cut decisions
- mutual stress relief
- graceful separation if there is no other way out

#### *Harmonisation*

- relief from mutual accusations
- avoid feeling hurt
- respectful and open communication
- mindful interaction with one another
- balance, such as the common goals matching the personal goals
- mutual support in change

*Reconciliation is a journey.* “  
(Marina Cantacuzino)